

Important Phone Numbers

Patient Services and Nursing
288-8013

Carl R. Darnall Army Medical Center
Information Desk
288-8000

Patient Advocate
288-8156



Carl R. Darnall Army Medical Center
Public Affairs & Marketing Office
CRDAMC HO 427 (Rev) Jan 2010

DARNALL
ARMY MEDICAL CENTER



Patient Services



Restraint Information

www.crdamc.amedd.army.mil





Care and Concern

Our Commitment

Carl R. Darnall Army Medical Center seeks to provide each of its patients with safe health care. The staff is committed to protecting the rights, dignity, and safety of each patient.

What Are Restraints...

A device, such as wrist restraints, used to limit the movement of a body part.

When To Consider Restraints...

Patients who have been alert and oriented at home may become confused and unable to cooperate with their care and treatment when they become ill. This change may be caused by illness, surgical procedures, unfamiliar surroundings, a change in daily routine, sleep patterns, or medications.

Alternatives to Consider

Usually, our caregivers are able to manage these temporary situations. Caregivers may only need to provide reassurance or explanations, closer observation to prevent accidents, diversions, or attention to needs for comfort and rest. In more serious situations, a change in medication or treatment may be necessary to keep patients safe.

Help from Family & Friends

Often, the presence of a familiar person or object can be helpful in:

- calming an anxious or confused patient
- helping the patient to rest
- helping to recover and regain a normal state of health and functioning

Also, the knowledge and availability of loved ones can be important resources to the health care team in keeping patients safe.

Caregivers may ask family members and friends to:

- Spend extra time at the bedside
- Bring in favorite pictures, objects, foods, or reminders of home
- Please discuss your ideas and suggestions with the nursing staff

When Restraints are Necessary...

In some cases, the alternatives discussed are not sufficient to keep the patient safe. If the patient's behavior is dangerous enough to pose significant harm to the patient or others, or the behavior seriously interferes with treatment (such as pulling at necessary tubes or lines which could result in serious injury if removed), a restraining device may be needed to maintain safety.

These devices may include wrist or ankle restraints. Protective devices such as litter straps and wheelchair seat belts are not considered restraining devices. In all cases, the least restrictive device is used. The restraint device is released at the earliest time possible based on reassessment of the patient's behavior.

You should know that restraining devices may only be used with approval of a physician.

During the period when such devices are in use, caregivers continually reassess the need for devices. As soon as possible, restraining devices are changed to less restrictive methods or discontinued.

Special Care...

When a patient requires restraints, the nursing staff knows that they have special responsibilities to provide care, comfort, emotional support, and attention to such needs as fluids, food, use of toilet or bedpan, and changes in position.